

# Religion and Spirituality

Whatever makes you feel peaceful, joyful and content is SPIRITUALITY.

Spirituality can refer to an ultimate or alleged immaterial reality. We should choose to see Spirituality in all things by choosing to see the good & joyful side of life.

Religion is what we inherit from our forefathers. Religion is a path to God,  
Spirituality is also a path to God. On this I would like to add four lines

THE ESSENCE OF RELIGION

FEAR GOD AND OBEY GOD

THE QUINTESSENCE(the purest form or the purest essence of a substance)  
OF SPIRITUALITY

LOVE GOD AND BECOME ANOTHER GOD.

All fantacism is false, because it is a contradiction of the very nature of God and of truth. Truth can not be shut up in a single book, Bible or Veda or Koran or in a single Religion. Religion is retrospective (looking backward to past), religion looks backward to the faith of our fathers. We inherit religion from the graves of thousand dead men. Your religion is your family heirloom. Spirituality is devoid (bereaved or deprived) of dogma but where there is religion there is dogma. In Koran spirituality is defined as the linking of actions to the purpose of life. Spirituality is there where religion is often there. Spirituality shows that God is omniscient and omnipresent and can be felt as a living presence in our heart. Religion and Spirituality do possess differences but at the same time they are just words and terms. Spirituality and Religion can be interchanged. The boundary between Religion & Spirituality is just like fluid.

Through following their Religion there have been saints in history who have attained the fruits and realisation of a mystical approach to God. This includes the SUFI saints. Sufis are muslim mystics, they preach certain Spiritual truths that can not be understood by all.

In hinduism the practice of cultivating Spirituality is known as SADHANA.

According to these great saints the path to attain salvation was through intense devotion and compassion to god. Swami Vivekananda said:

SALVATION IS NOT PUTTING A MAN INTO HEAVEN

BUT A HEAVEN INTO MAN.

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